

January

2021



Winchester Adult Lunch 500 Calorie

Lunch:
The 500 calorie meals are planned to be as close to 500 calories as possible, however, the nutritional content will vary slightly from day to day.

Beverages:
All meals have 1 cup of fat free milk factored into the calorie count. If milk is not the desired beverage water, unsweetened tea, or other zero calorie beverages are recommended.

If you have special requests or concerns, please ask your server or see contact information below:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 - Korean BBQ Chicken - Asian Veggies Brown Rice Pears - Choice of Milk	31 Lunch At Elm					1 - Chicken Cheesesteak Bowl - Brown Rice Peppers & Onions Fresh Fruit - Choice of Milk -
2 - Fish Tacos - Southwest Cole Slaw Salsa Fresh Fruit - Choice of Milk -	3 Lunch At Elm	4 Lunch At Elm	5 Lunch At Elm	6 Lunch At Elm	7 Lunch At Elm	8 - Sauteed Beef w/ Rice - Garden Salad - Choice of Milk -
9 - Salmon - Green Beans Wild Rice - Fresh Fruit - Choice of Milk -	10 Lunch At Elm	11 Lunch At Elm	12 Lunch At Elm	13 Lunch At Elm	14 Lunch At Elm	15 - BBQ Chicken Breast - Potato Wedges Peas & Carrots - Peaches - Choice of Milk -
16 - Salisbury Steak - Broccoli Mashed Potatoes w/ Gravy Fresh Fruit - Choice of Milk -	17 Lunch At Elm	18 Lunch At Elm	19 Lunch At Elm	20 Lunch At Elm	21 Lunch At Elm	22 - White Chicken Chili - Steak Fries - Fresh Fruit - Choice of Milk -
23 - Meat Loaf - Mashed Potatoes Peas - Applesauce - Choice of Milk -	24 Lunch At Elm	25 Lunch At Elm	26 Lunch At Elm	27 Lunch At Elm	28 Lunch At Elm	29 - Taco Salad - Black Beans & Rice - Grapes - Choice of Milk -